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OBE SPECTRUM: A UNIQUELY POWERFUL NEW RETREAT

by Jane Coleman

A select group of Monroe graduates along with a few non-graduates met this month at Monroe Institute to pilot test our new program—OBE Spectrum. Most participants were adept at consciousness exploration but, for a few, it was their first residential program.

Thanks to participant Jane Coleman for sharing her perspective.

I was very honored to have been a part of “OBE Spectrum.” As it was a pilot program, I figured they needed a pilot—me! [Yes, everyone groaned when I mentioned this Saturday evening during introductions.]

I'm not sure who all worked on putting this together, but it seemed to me that Patty Ray Avalon had done a lot, if not most, of the work of researching, designing, and scripting this program. An outstanding job, by the way. She pulled together information from Bob Monroe's work, Robert Bruce's texts, 9 years of working with Bill Buhlman, and a whole lot more. We practiced basic separation techniques using exercises from the “Gateway Voyage” program and the “Gateway Experience” home course albums.

Patty worked with us to tune up our energy bodies in preparation for OBE work. That's one area she specializes in and I was very glad to practice her techniques first hand. An added dimension to the program was the incorporation of techniques from Luigi Sciambarella's and Thomas Hasenberger's “Lucid Dreaming” (LD) retreat, from Scott Taylor's “Near-Death Experience” (NDE) work, and a bit from “Remote Viewing” (RV).

Luigi and Thomas told us in “Lucid Dreaming” that the OBE and LD states were somewhat similar states, with each having its unique characteristics. The cool thing is one can start out in a lucid dream and transform it into an OBE. Luigi was a trainer for “OBE Spectrum,” so we got some good practice. It was for me a nice refresher of the LD program.

Scott Taylor was a participant in “OBE Spectrum.” He took off his participant hat one afternoon and stepped into the trainer role to teach us about his passion, near-death experience. I haven't taken his program yet, and now it's a priority. And we did a bit of work from “Remote Viewing,” which might get renamed “Remote Sensing.” (The reason is, RV has strict scientific protocols. “Remote Sensing” would not necessarily need to follow those.) It was yet another way to emphasize that we are not constricted by space and time, that we are indeed more than we imagine ourselves to be.

We ended our week together just joyful at how smoothly the program had gone on its first run. Patty had worked so hard to create it, and the results were the evidence. I expect this program to be a best seller!